

# GETTING RECONNECTED IN PRAYER

When your heart hurts, even after God finally answers your prayers, you can feel broken. You may be a pray-er (one who others come to for prayer). You may have even felt like you could pray for anyone, anywhere. You believed God would answer your prayers, but now, whatever you've been through has caused you to feel disconnected from God. Or maybe you want to pray but when you try, the words haven't come.

Setting aside time each day for focused prayer is vital to your spiritual health. Jesus set a powerful example for us to follow when it comes to prioritizing spending time with God, our Father. Throughout the gospels you see Jesus stepping away from the crowd, and even away from His disciples, into solitude to pray.

*And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there [Jesus] prayed (Mark 1:35 ESV).*

If you find it difficult to get alone with God and pray – here are five things to help you get reconnected in prayer:

- 1. Schedule time with God first thing, before your thoughts are consumed by the affairs of the day.**
- 2. Create a quiet place, away from the noise, for prayer.**
- 3. Focus on God by reading His Word, playing a few worship songs or something else that helps you settle into His presence.**
- 4. Pray on a regular basis, not just when things are hard, or you need something.**
- 5. Come with expectation and faith.**

When you give more time to God, He will recharge, renew and remind you that you belong to Him and that all things are possible in Him.

## One Thing

Look at the five things you can do (above) to get reconnected in prayer. If you need help reconnecting, will you follow these for the next week? If you already have a strong prayer life, will you pray for those who are struggling with spending more time with God?